



BONHOMME RICHARD'S ALMANAC

Vol. 2, No. 94

May 31, 2000

"I have not yet begun to fight!"



BONHOMME RICHARD'S DC OLYMPICS 2000

Story and photo by JO1 (SW) Robert W. Garnand

One aspect of shipboard life is damage control training. Whether the training is at sea, through General Quarter's drills, or in port through fire party drills, Sailors are continuously training for any casualty.

Whether at sea or in port, a particular repair locker or a duty section's fire party drills are graded solely on how that group responded to a casualty. There is no competition between repair lockers or fire parties so Sailors can see how they rate among their peers.

On board the San Diego-based USS BONHOMME RICHARD (LHD 6) however, that's changing.

It's changing in the form of a competition between repair lockers and fire parties known as Damage Control (DC) Olympics.

The idea for having the DC Olympics was that of Senior Chief Damage Controllman Rick Mathis, the Leading Chief Petty Officer of Engineering Department's R-Division. He is the one who organized all of the events for the BONHOMME RICHARD's DC Olympics.

One of the driving factors for holding a DC Olympics, according to Lt. Cmdr. Tom McCook, the Damage Control Assistant, "was to encourage the crew to participate in damage control training, and to provide a positive alternate to the standard General Quarter's drill."

He went on to say, "We really wanted to get the lockers pumped up about the training they have received

and to let them 'show their stuff.' It makes for fun training."

Events for the recent DC Olympics were: a Fire Fighting Ensemble (FFE) with Self-Contained Breathing Apparatus (SCBA) light off race; a plotting communications race; First Aid competition; pipe patching and a Chemical Protective Overgarment suit dressout.

McCook said he was "well pleased with the training and efforts of all personnel who participated in the DC Olympics."

As for another DC Olympics in the future, McCook added, "We are planning for another DC Olympics in June!"



MCU 2P gas mask and Chemical Protective Overgarment donning was one event during DC Olympics.

NATIONAL NEWS

BUSH OFFERED SAME DOD INFO AS MR. GORE

By Associated Press

Defense Secretary William Cohen offered George W. Bush access to the same Pentagon information Vice President Al Gore is privy to, saying that would keep politics out of national security and produce a more informed debate in the presidential campaign.

Cohen, a Republican like Bush, said he believes proposals the Texas governor made last week likely would lead to dangerous new arms races. Mr. Gore had similar criticisms in a speech at the U.S. Military Academy.

Cohen said President Clinton appointed a Republican as defense secretary "to take the politics out of national security debates."

"I hope that national security will not become politicized, because

it's too important to have a Republican or Democratic label on it," he said on NBC's *Meet the Press*. "To that end", Cohen said, "It would be beneficial for [Bush and his advisers] to have this information today, before the election, so that there can be a real serious and solid debate on the issue."



GMC(SW) Charles Brands held training yesterday morning after the 25MM gun shoot. (Photo by JO3 Laura C. Wiggins.)

BONHOMME RICHARD'S ALMANAC

Capt. Robert J. Connelly, Commanding Officer

Lt. Cmdr. Laurie Rye, Public Affairs Officer

JOC(SW/AW) Stephen K. Robinson, Asst. Public Affairs Officer

JO1(SW) Robert W. Garnand, Editor

JO3 Laura C. Wiggins, Staff Writer

Lt1 Jimmie Claspell, Print Shop

This newspaper is an authorized publication for members of the military services stationed at sea and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

WEDNESDAY'S SITE TV SCHEDULE

CHANNEL 2

1030 WHEEL OF FORTUNE

1100 CAN'T HARDLY WAIT

1630 HERCULES: LEGENDARY JOURNEYS

1730 JEOPARDY

1800 STAR TREK: DEEP SPACE NINE

1900 LAW & ORDER

2000 SCENT OF A WOMAN

2230 BAD MOON

CHANNEL 6

1030 KING OF THE HILL

1100 NEVER BEEN KISSED

1630 ANYWHERE BUT HERE

1830 GLORIA

2020 FREE MONEY

2200 ENEMY OF THE STATE

TV SCHEDULE SUBJECT TO CHANGE
DUE TO OPERATIONAL COMMITMENTS

INTERNATIONAL NEWS

CHINA THANKS PRESIDENT CLINTON

By Associated Press

Chinese President Jiang Zemin thanked President Bill Clinton in a telephone call for his help in pushing through permanent low-tariff U.S. trading rights for China.

Jiang said the U.S. House of Representatives was "wise" to pass legislation granting Beijing Permanent Normal Trade Relations (PNTR). Jiang also said, "the bill contains some articles that China cannot accept."

China has complained about provisions in the legislation to establish a commission to monitor Beijing's record on labor and human rights. Jiang also said PNTR for China "will serve to promote Sino-U.S. economic and trade relations and bilateral ties as a whole, which is in the fundamental interests of both countries."

N. KOREA, U.S. TALKS TO RESUME

By Associated Press

President Clinton said that U.S. and North Korean negotiators will resume talks over the search for Americans lost during the Korean War some 50 years ago. Speaking during his annual Memorial Day address at Arlington National Cemetery, Mr. Clinton said negotiations will resume early next month in Kuala Lumpur.

North Korea agreed this month to resume talks on excavating an area U.S. officials believe contains remains of several hundred Americans killed in the Korean War. If talks lead to a U.S. excavation project, it would mark a resumption of recovery operations halted last year. The targeted area is near Unsan, a site of major battles between the U.S. Army's 8th Cavalry Regiment and Chinese troops that had swept across the Yalu River in November 1950.

SPORTS

MONTOYA MILKS INDY 500 WIN

By Associated Press

Juan Montoya looked in his rear-view mirror as he crossed the finish line and saw nothing but asphalt and sky. He led 33-car field at the Indianapolis 500, leading 167 of the 200 laps and taking the checkered flag with his closest competitor still in the fourth turn.

ROOKIE TAKES COCA-COLA 600

By Associated Press

Matt Kenseth proved there's more than one outstanding NASCAR rookie this year, racing to his first Winston Cup victory in the Coca-Cola 600. Kenseth passed leader Bobby Labonte on lap 374 and slowly pulled away to beat him to the finish line by about two car-lengths.

NBA SCORE:

LA LAKERS 103 PORTLAND 91

(LA LAKERS LEAD SERIES 3-1)

BASEBALL SCORES:

BOSTON	2	NY YANKEES	0
TAMPA BAY	14	SEATTLE	4
CLEVELAND	12	CHI.WHITE SOX	3
MINNESOTA	4	TEXAS	3
ANAHEIM	8	KANSAS CITY	4
TORONTO	12	DETROIT	7
NY METS	6	ST. LOUIS	2
HOUSTON	4	ATLANTA	3
FLORIDA	3	CINCINNATI	1
COLORADO	11	PITTSBURGH	2
PHILADELPHIA	4	LOS ANGELES	2
CHI.CUBS	4	SAN FRANCISCO	1
SAN DIEGO	4	MONTREAL	3
MILWAUKEE	4	ARIZONA	3

DON'T BE FOOLED-TOBACCO KILLS

If you are currently using tobacco products, why not join the millions of smokers who participate in a tobacco cessation program, by agreeing to stop smoking? This could very well be the single event that transforms you into a "former smoker" and leads the way to a healthier lifestyle for the twenty-first century.

Don't wait until it is too late to quit. Learn the facts about smoking today.

1. Your chances of getting lung cancer are 10 times greater than a nonsmoker. 2. You are twice as likely to have a heart attack. 3. Cigarette smoking is strongly linked with emphysema and chronic bronchitis. 4. Cigarette smoke contains about 4,000 chemicals. Many are poisonous and over 40 of them are linked to cancer. 5. Pregnant women who smoke increase their risk of having a stillborn or low birth weight infant. 6. Cigarette smoke is harmful to everyone who inhales it, including those who do not smoke themselves. 7. Children of smokers are twice as likely to pick up the habit when they grow older.

Get ready to quit. Find out if you have what it takes to stop smoking.

1. Do you want to stop smoking? 2. Are you willing to make some changes in your daily routine? 3. Are you prepared to deal with some challenging moments once you make the commitment to quit?

If you answered yes to these questions, you are ready to stop smoking now.

Develop a plan. Take control of your addiction today.

1. Pick a day to stop smoking. There will be millions of other Americans who will stop smoking too. 2. Tell your family and friends about your plans. You will need their encouragement when you feel the urge to light up. 3. Get rid of all your cigarettes, lighters, and ashtrays since you will no longer need them. 4. Be prepared to feel the urge to light up. The urge will be strong at first, but will later diminish. If you have had difficulty stopping smoking in the past, we can provide you with nicotine replacement therapy.

Keep smoking a thing of the past. Focus on the positives.

The nicotine in cigarettes is addictive. Your body will eventually adjust to the absence of nicotine, but as it does you may experience some bodily changes.

Initially, without nicotine you may feel nervous or irritable. • Since nicotine is a stimulant; you may feel tired when you first stop smoking. • People often mistake their urge for a cigarette for hunger, don't eat to get rid of your urge to smoke. • Coughing is a way that your body gets rid of the extra mucus that has been clogging your lungs. The cough may seem worse in the beginning, but it will subside as time goes by.

Start a savings jar to collect money that you would have spent on tobacco. Reward yourself with a gift to celebrate your first month of smoke-free living. 3. Schedule a dental appointment. Get your teeth and mouth feeling clean and fresh. 4. Recognize that you are not perfect. If you have a slipup, and light up, don't let yourself become a smoker again. Remember all of the reasons why you have quit. Don't start again. Call a friend, or better yet, find someone who has been successful at quitting and call him or her.

TOBACCO KILLS-DON'T BE FOOLED BY THE BREAKS IT GETS YOU DURING THE DAY.

JOIN PAST SMOKERS AND LEARN HOW TO BECOME ONE ON MAY 31, 2000, DURING OUR WORLD NO TOBACCO DAY ACTIVITIES WHICH INCLUDES A TOBACCO CESSATION CLASS.